

Cooking for Kids

Recipe Sizing Report

000029 - Chicken and Noodles :	Components	Attributes
HACCP Process: #3 Complex Food Preparation Number of Portions: 50 Size of Portion: 1 CUP	Meat/Alt: 2 oz Grains: 2 oz Fruit: Vegetable: Milk:	

Ingredients	Measures	Instructions
051520 Chicken, Diced, Cooked, Frozen..... 014429 WATER, MUNICIPAL..... 799989 BASE, CHICKEN, LOW SODIUM.....	7 lbs + 5 ozs 7 1/2 cup 8 fl oz 2 3/4 ozs	1. Place the chicken into a large pot and heat with chicken base and water.
002030 PEPPER, BLACK..... 002020 GARLIC POWDER.....	1/2 TBSP (ground) 1/2 Tbsp	2. Add spices and let the mixture come to a boil.
011130 CARROTS, FROZEN, UNPREPARED.... 011282 ONIONS, RAW..... 011143 CELERY, RAW..... 020109 NOODLES, EGG, DRY, ENRICHED.....	2 lbs + 8 ozs 2 lbs + 8 ozs 1 lb + 8 ozs 3 lbs + 4 1/2 (2 OZ)	3. Add in the vegetables and noodles (one bag at a time), stir well.
		4. Simmer for 30 minutes or until the noodles are done stirring occasionally. If needed, add more water. Portion with 8 oz. ladle

*Nutrients are based upon 1 Portion Size (1 CUP)

Calories	234 kcal	Cholesterol	78 mg	Sugars	*2.8* g	Calcium	33.15 mg	15.98%	Calories from Total Fat
Total Fat	4.15 g	Sodium	145 mg	Protein	19.64 g	Iron	1.96 mg	1.79%	Calories from Saturated Fat
Saturated Fat	0.47 g	Carbohydrates	27.82 g	Vitamin A	3308.3 IU	Water ¹	*92.07* g	*0.08%*	Calories from Trans Fat
Trans Fat ²	*0.02* g	Dietary Fiber	2.46 g	Vitamin C	4.1 mg	Ash ¹	*0.78* g	47.62%	Calories from Carbohydrates
								33.62%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.